



Helpful hints for adults to feel focused and fearless

- 1. Positive self talk -you are enough**
- 2. Break down tasks into manageable parts**
- 3. List three things you are grateful for**
- 4. Pick one task to complete today**
- 5. Be kind to yourself**
- 6. Let the past go**
- 7. It's a new beginning. You can change this**
- 8. Surround yourself with positivity**
- 9. Find an accountability partner**
- 10. Mediate and breathe**



lori@allislandsspeech.com



www.allislandsspeech.com

516-776-0184

FOLLOW US

